

何嘉仁國際幼兒園 HESS INTERNATIONAL PRESCHOOL 112年12月 幼兒營養餐點預定表

《本園一律使用「國產豬」食材》

日期	星期	早點	午餐	水果	午點	蛋白質	脂肪	醣類	熱量
						公克	公克	公克	卡
1	五	慶生會 birthday party	胚芽米飯 筍絲燉肉 芙蓉豆腐 應時青菜 蘿蔔排骨湯 Germinated rice , Braised Pork with Dried Bamboo Shoot, Cold Tofu, Vegetables Pork Soup with Radish	時令水果 Fruit	餛飩湯 Dumpling Soup	27	21	103	710
4	一	冬瓜糙米粥 Winter Squash Congee	胚芽米飯 咖哩雞肉馬鈴薯 洋葱玉米炒蛋 應時青菜 鮮菇雞湯 Germinated rice , Chicken Curry with Potato, Scrambled Eggs with Onion and Corn, Vegetables Chicken Soup with Assorted Mushroom	時令水果 Fruit	高麗菜麵線 Cabbage Noddles	28	18	106	692
5	二	鮑魚米粉湯 Rice-flour Noodles with Fish	肉絲炒麵 應時青菜 蔬菜濃湯 Fried noodles with shredded pork, Vegetables Creamy Vegetable Soup	時令水果 Fruit	紅豆紫米粥 Red Beans and Purple Rice Porridge	24	20	101	705
6	三	高纖燕麥片 牛奶 High-Fiber Oatmeal, Milk	胚芽米飯 洋葱燉雞肉片 吻仔魚蒸蛋 應時青菜 冬瓜排骨湯 Germinated rice , Pork Slice with Orion, Steamed Eggs with Silver Fish , Vegetables Winter Melon Soup with Pork Ribs	時令水果 Fruit	什錦蔬菜米粉 Assorted Vegetables Rice-flour Noodles	30	21	99	704
7	四	香菇玉米粥 Mushroom Congee with Corn	胚芽米飯 蔥燒鮑魚片 木須炒肉 應時青菜 五行鮮蔬湯 Germinated Rice, Steamed Tuna ,Tree Mushroom with Shredded Pork, Vegetables Assorted Vegetable Soup	時令水果 Fruit	蔥油餅、養生茶 Scallion,Health tea	27	23	98	700
8	五	全麥吐司、牛奶 Wheat toast ,Milk	胚芽米飯 洋葱雞柳 紅蘿蔔炒蛋 應時青菜 香菇白菜豆腐湯 Germinated rice ,chicken tenders with Orion, Scrambled Eggs with carrot, Vegetables Chinese Cabbage Soup with Mushroom and Tofu	時令水果 Fruit	香菇竹筍粥 Bamboo Shoot Congee with Mushroom Milk	29	18	105	693
11	一	什錦湯餃 Dumpling Soup	胚芽米飯 粉蒸肉片 甜豆玉米筍 應時青菜 蘿蔔排骨湯 Germinated rice , Breaded Pork , Baby Corn with Sweet Peas , Vegetables Radish and Carrot Soup with Pork Ribs	時令水果 Fruit	高纖地瓜湯 Sweet Potatoes Soup	25	20	101	705
12	二	鮭魚鮮蔬粥 Tuna and Vegetable Congee	蔬菜肉絲烏龍炒麵、應時青菜 南瓜濃湯 Oolong Noodles with Vegetables, Vegetables, Pumpkin Creamy Soup	時令水果 Fruit	絲瓜麵線 Thin Noodles with Loofah	26	20	106	700
13	三	綜合嘉瑞爾 牛奶 Cereal, Milk	胚芽米飯 什錦雞肉 肉絲炒豆干 應時青菜 蕃茄豆腐湯 Germinated rice , Assorted Chicken, DiredTofu Friedn with pork , Vegetables Tomato Soup with Tofu	時令水果 Fruit	關東煮 Assorted Tempura	26	18	90	694
14	四	香菇肉末粥 Mushroom and Pork Congee	胚芽米飯 茄汁魚片 什錦洋芋 應時青菜 海芽味噌豆腐湯 Germinated rice , Diced fish with Tomato, Potato with Assorted Tapping, Vegetables Seaweed Soup with Tofu	時令水果 Fruit	波蘿麵包 牛奶 Bread, Milk	26	21	89	685
15	五	三色小饅頭 牛奶 Bun, Milk	胚芽米飯 宮保雞丁 薑絲炒絲瓜 應時青菜 香菇雞湯 Germinated rice ,Kung Pao Chicken , Loofah with Ginger, Vegetables, Mushroom and Chicken Soup	時令水果 Fruit	雞茸玉米粥 Brown Rice Minced Chicken Congee	30	26	127	675
18	一	小米燕麥粥 Millet and Oat Congee	胚芽米飯 蒸瓜仔肉 滑蛋海芽 應時青菜 玉米濃湯 Germinated rice , Steamed Pork Cake with Potato, Eggs with Seaweed, Vegetables Corn Creamy Soup	時令水果 Fruit	芋頭牛奶西米露 Taro Milk Sago	36	24	125	704
19	二	雞絲蛋湯麵 Chicken Noodles with Egg	什錦肉絲炒飯 應時青菜 蔬菜味噌豆腐濃湯 Fried Pork Rice , Vegetables Creamy Vegetable Soup	時令水果 Fruit	筍白筍鹹粥 Water Bamboo Shoot Congee	27	20	101	691
20	三	綜合嘉瑞爾 牛奶 Cereal, Milk	胚芽米飯 洋葱燉雞 塔香茄子 應時青菜 馬鈴薯紅蘿蔔湯 Germinated rice , Braised Chicken with Orion, Eggplant and Dried Pork, Vegetables Potato Soup with Carrot	時令水果 Fruit	白菜冬粉 Chinese Cabbage with Bean Thread	23	19	102	709
21	四	玉米吻仔魚粥 Sweet Corn and Silver Fish Congee	胚芽米飯 玉米炒雞丁 壽喜燒豆腐 應時青菜 冬瓜蛤蜊薑絲湯 Germinated rice , Chicken Fired with Sweet Corn, Sukiyaki Tofu, Vegetables Winter Squash Soup with Clams	時令水果 Fruit	紅豆吐司 牛奶 Red bean toast Mike	24	21	103	710
22	五	堅果饅頭 牛奶 Nut Bun, Milk	胚芽米飯、五彩肉片、花椰菜炒番茄、應時青菜、山藥雞湯 Germinated Rice, Pork Slice with Vegetables, Fried Cauliflower and Tomatos, Chinese Yam Soup with Chicken	時令水果 Fruit	什錦魚片粥 Assorted Fish Congee	25	19	110	695
25	一	鄉村野菇細麵 Noodles with Mushroom	胚芽米飯 什錦豬肉 黃瓜炒木耳 應時青菜 紫菜蛋花湯 Germinated rice , Assorted Pork, Fried Tree Mushroom and Cucumber, Vegetables Seaweed Soup with and Eggs	時令水果 Fruit	肉燥意麵 Ground Pork Noodles	26	20	105	698
26	二	番茄糙米粥 Brown Rice Tomato Congee	蘋果雞肉咖哩飯 應時青菜 海帶芽蛋花湯 Curry Rice with Chicken , Vegetables Seaweed and Scrambled Egg Soup	時令水果 Fruit	日式鍋燒麵 Japanese Style Cook Noodles	29	20	96	690
27	三	什錦麥芽 牛奶 Cereal, Milk	胚芽米飯 鮮蔬蘑菇雞丁 薑絲炒絲瓜 應時青菜 番茄蛋花湯 Germinated rice , Diced Chicken with Mushroom, Fried Loofah , Vegetables Egg Drops Soup with Tomatoes	時令水果 Fruit	黑糖豆花 Tofu Pudding with Brown Sugar	28	19	104	699
28	四	蘿蔔燻肉粥 Shredded Pork Congee with Carrots	胚芽米飯 椰菜炒肉 雞絲拌豆干 應時青菜 玉筍鮮菇湯 Germinated rice, Meat Ball Risotto with Cauliflower, Dried Tofu with Meat Shreds, Vegetables Baby Corn Soup with Mushroom	時令水果 Fruit	鮮奶吐司 牛奶 Milk toast,Milk	26	22	103	702
29	五	花捲 牛奶 Hanamaki, Mike	胚芽米飯、味噌肉片、燴炒三菇、應時青菜 蛤蜊豆腐薑絲湯 Germinated Rice, Miso Pork, Stewed Mushrooms, Vegetables, Clam and tofu Soup	時令水果 Fruit	廣東粥 Cantonese Congee	24	20	100	705